

WORKOUT AT HOME

MINI BANDS WORKOUT



This week's goal: Do each exercise in sequence in this 25-30 minute Mini Band home workout on any 2 non-consecutive days. Make sure you hydrate and listen to your body, take a breather if you need it!

Add a daily 20-30 minute brisk walk for cardio, and frequent stretch breaks throughout your work day.

Check off your daily progress below: **W** = Workout **C** = Cardio **S** = Stretch

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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As with any exercise program, there is always the possibility of injury. Consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in an exercise program. If you need modifications for any exercise, please consult your WELCOAZ Health Coach.

By participating in this workout, you agree that you are exercising on your own time and do not hold WELCOAZ or your employer responsible.

Warm Up- 10 repetitions in each direction for 2 rounds.

1. Hula Hoops



Stand with feet shoulder-width apart, hands on hips. Roll the hips clockwise to the right side, push the hips backward, roll the hips the left side, push the hips forward, then roll the hips back to the right side. Do this in a circular motion for 10 repetitions. In the second round you will repeat in the opposite direction.

2. Cross Body Arm Swings



Stand up tall with your arms raised at shoulder level. Cross your arms in front of your chest and then open them back up. As your arms move out try to push out your chest for a big stretch. Alternate the arm that is on top when the arms are crossed in front of the chest. Do 10 repetitions per side.

3. Knee Tucks



Stand with feet hip-width apart, toes facing forward. Bend the right knee, clasp the hands either on the shin or behind the thigh and gently pull the knee in toward the chest. Pause for 2 seconds, gently release the leg back to its place on the floor. Repeat on the left side. Continue alternating for 10 repetitions per side.

Not feeling warmed up? Repeat the warm up exercises one more time. Move onto the Main Workout.

Equipment

Any stretchy band will work for this workout; you may need to tie it into a loop for some exercises. Examples include mini bands (the loops pictured in the Main Workout), resistance tubing, Therabands (stretchy bands used in physical therapy, not looped).

Main Workout: Complete 10 repetitions (per side when applicable) for 3 rounds

1. Glute Bridges with Clamshell



Lie on your back with the band (tie your band into a loop if it isn't already) around your lower thigh, above the knee. Bend the knees, place bottom of feet together on the floor. Push through the feet to lift the heels off the floor, the body will be in a straight line from shoulders to knees. As you reach the top position, open the knees as much as you can. Slowly lower the body back down to the floor as you draw the knees back in.

2. Plank Leg Raises



Begin in forearm plank position with body straight, elbows beneath the shoulders. The band should be just above the knee joint. Maintaining a rigid plank, flex the left foot and raise the leg straight up. Lift as high as you can without that hip rotating to the right. Lower the leg just a few inches to maintain tension, then raise it back up. Do 10 repetitions, then repeat on the other side.

3. Donkey Kick



Stand with feet hip-width apart, with the band around the lower legs a few inches above the ankle. Keep the legs straight, lean the upper body forward until you can lift the left foot off of the floor. Flex the left foot and raise the leg up behind you until you feel a "crunch" in the glutes, lower a few inches and repeat for 10 repetitions. Switch sides.

4. Kneeling Bent Over Row



Kneel down on one knee, left foot forward. Loop the band around your left foot, prop your left arm on your left knee. Grab the band with your right hand. Keep the elbow in close to the ribs and bend the elbow, pulling the band back and up as far as you can. Imagine there is a string on your elbow and someone is pulling it upward. Straighten the arm back to starting position and repeat for 10 repetitions. Switch sides.

5. Hip Abduction



Stand with feet hip-width apart, band around the ankles. Shift your weight to stand on your left leg. Flex your right foot and slowly raise it straight out to the side until you feel a contraction in that outer hip. While it is okay for the upper body to tip over to the left a little bit, make sure you are not leaning over completely. Complete 10 repetitions per side.

6. Overhead Triceps Extension



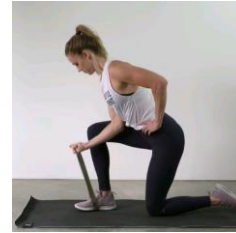
Stand with the band behind your back, between the shoulder blades. The left hand should have an underhand grip on the band (lower back) and the right hand should have an overhand grip (behind the head). Both elbows should be bent. The left arm will stay stationary as the right arm straightens completely, up toward the ceiling. Slowly bend the elbow to return to starting position, be cautious as the elasticity may yank the arm down. Repeat for 10 repetitions, then switch sides.

7. Squat Shuffle



Stand with feet shoulder-width apart, band a few inches above the knees. Keeping the toes facing forward, bend down into a squat. Take a step out to the left, staying in the squat position. Then take a step to the right, again staying in squat position. Continue stepping left, then right, until you have done 10 repetitions per side.

8. Kneeling Biceps Curl



Kneel on one knee on the floor, right leg forward and left leg back. Both knees should be at a 90° angle. Loop the band around your right foot. Lean forward and prop your right elbow on your right thigh, grabbing the band with that hand. Bend the elbow to curl the band up toward the shoulder, then straighten the elbow to lower it. Do 10 repetitions and switch sides.

Move on to the Cool Down & Stretch.

Cool Down & Stretch – 30 seconds per side where applicable, for 2 rounds.

1. Lying Spinal Twist



From a supine position, keeping the left leg extended, bend the right knee just a bit toward your chest. Take your bent knee across the body and open the arms wide, keeping shoulders on the floor, and looking in the opposite direction. Hold for 30 seconds. Come back to the center and hug your knees. Repeat the same movement with your right leg extended and left knee bent in the second round.

2. Shoulder Stretch



Stand tall and bring one arm across your chest. Bring your other arm up to meet it below the elbow, hugging the straight arm close to the chest. Hold this position for 30 seconds, and then switch arms for the second round.

3. Runner's Stretch



Drop down into a wide single leg kneeling position as above. Keep the back toes tucked under for added stability. Squeeze the glutes and push your hips forward until the front knee is above the toes, make sure you are not excessively arching the back. You should feel a deep stretch in the hip and quadriceps of the back leg. Hold for 30 seconds, then switch sides in the second round.
*Note: do this exercise near a wall if you feel wobbly.

Go to this link to follow along with the workout video: [MINI BANDS WORKOUT](#)

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